

WHAT IS CLAIMED IS:

1. An exercise device comprising:  
first means permitting leg backward movement against a first resistance;  
second means permitting leg forward movement against a second resistance equal to said first resistance.
2. An exercise device, as claimed in claim 1, further comprising:  
means for adjusting the amount of said second resistance.
3. An exercise device as claimed in claim 1, comprising:  
means for guiding the user's foot along a predetermined path during said backward and forward movement.
4. An exercise device, as claimed in claim 3, wherein said path is a linear path.
5. An exercise device comprising:  
a frame;  
means for translating at least a first follower in response to movement of at least a first limb of a user with respect to said frame;  
5 variable speed means for resisting said translation of said follower with a first resistance related to the speed of said variable speed means;  
means for controlling the speed of said variable speed means in response to the location of said user with respect to said frame, without the need for manual input by said user during exercise.
6. An exercise device for use by an exerciser, comprising:  
first means permitting leg exercise coupled to a first speed regulator;  
second means permitting arm exercise, wherein, during a time when said exerciser is maintaining a constant level of effort, an increase in said leg exercise is accompanied by a decrease in arm exercise.
7. An exercise device as claimed in claim 6 wherein said second means is coupled to said first speed regulator.